



**WHY
MELTDOWN
OCCURS
in Children with
Autism**

Change

Children with autism like predictability. When a change occurs and they are not pre-empted, they may escalate and meltdown because it is hard for them to accept that sudden change.

Difficulty Expressing Words

For children who are at Level 2-3, it will be hard to express what they need. Sometimes parents guess and often it is misunderstood leading to meltdown.

Understanding your child by equipping yourself with proper information and strategies will help you handle and teach your child appropriately.

Visually Distracted

One of the characteristics of autism spectrum disorder is being a visual learner. If the environment seems to have a lot going on (posters on the walls, colorful banners, pixilated pictures, hanging crystal chimes, piled-up books, etc.), it may be too overwhelming to see as they need to organize their thoughts (which is one of their difficulties).

Unfamiliar People

Sometimes, children with autism like to be alone or with a few familiar people. Seeing a new face may trigger a meltdown.

They like familiarity and predictability, so having a stranger can also affect their emotion as it is new to them.

Overwhelmed with the Activities

Children may show difficulty coping with an activity or continuous activities. We just have to be aware of their emotions, capabilities, needs, energy, and strengths. Parents have to be aware of the kids' needs so they won't get overwhelmed too.

Noisy Environment

Some children are sensitive to loud sounds like drilling, vibration, horn, thunder, grinding, or crying. They get affected by these sounds due to sensory processing difficulties.

Tired, Sleep, or Hungry

They may not identify their feelings but it may show through their behavior and actions. Sometimes, crying can be the cause of tiredness, being hungry, or being sleepy. They may not have enough or proper sleep from the day's activities and all they want is to get to bed or rest or eat to recharge.

In pain

One of the reasons for meltdown is feeling something inside their body but unable to say or identify that feeling. It could be tooth aching, headache, or stomach upset. They may also feel uncomfortable because of pain resulting in difficulty moving around. They may get misunderstood because of their actions.

Need Movement, Break or Regulation

Children with autism spectrum disorder have underlying sensory processing difficulties. Sometimes, they get tired of activities and need a bit of a movement break. Give them so that they can attend to the task again after some breaks or rest.

You May Also Be Interested in...



You may be doing trial and error strategy. But in here, I shared with you specific traits that our children struggle with. If you would like to know more about this, visit my GUIDES section www.quennielim.com and get your copy there.

www.quennielim.com



BY

*Quennie
Lim*

TALK TO ME.



teachingparentsautism@yahoo.com

www.quennielim.com

